

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Menaquinone-4 (µg)

Food Groups: Finfish and Shellfish Products
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: November 16, 2015 12:58 EST

| NDB_No | Description | Weight(g) | Measure | Menaquinone-4(µg) Per Measure |
|--------|--|-----------|-----------------------------|----------------------------------|
| 15169 | Mollusks, oyster, eastern, wild, cooked, moist heat | 85.0 | 3.0 oz | 4.2 |
| 15244 | Mollusks, oyster, eastern, wild, cooked, dry heat | 85.0 | 3.0 oz | 3.3 |
| 15167 | Mollusks, oyster, eastern, wild, raw | 84.0 | 6.0 medium | 2.1 |
| 15235 | Fish, catfish, channel, farmed, cooked, dry heat | 143.0 | 1.0 fillet | 1.0 |
| 15234 | Fish, catfish, channel, farmed, raw | 85.0 | 3.0 oz | 0.5 |
| 15260 | Fish, salmon, pink, canned, drained solids | 85.0 | 3.0 oz | 0.4 |
| 15029 | Fish, flatfish (flounder and sole species), cooked, dry heat | 127.0 | 1.0 fillet | 0.4 |
| 15086 | Fish, salmon, sockeye, cooked, dry heat | 85.0 | 3.0 oz | 0.3 |
| 15151 | Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen) | 85.0 | 3.0 oz | 0.3 |
| 15150 | Crustaceans, shrimp, mixed species, cooked, breaded and fried | 85.0 | 3.0 oz | 0.3 |
| 15058 | Fish, ocean perch, Atlantic, cooked, dry heat | 50.0 | 1.0 fillet | 0.1 |
| 15085 | Fish, salmon, sockeye, raw | 28.35 | 1.0 oz, boneless | 0.1 |
| 15160 | Mollusks, clam, mixed species, canned, drained solids | 85.0 | 3.0 oz | 0.1 |
| 15028 | Fish, flatfish (flounder and sole species), raw | 28.35 | 1.0 oz, boneless | 0.1 |
| 15057 | Fish, ocean perch, Atlantic, raw | 28.35 | 1.0 oz, boneless | 0.1 |
| 15149 | Crustaceans, shrimp, mixed species, raw (may have been previously frozen) | 6.0 | 1.0 medium | 0.0 |
| 15066 | Fish, pollock, Alaska, raw (may have been previously frozen) | 77.0 | 1.0 fillet | 0.0 |
| 15157 | Mollusks, clam, mixed species, raw | 85.0 | 3.0 oz | 0.0 |
| 15037 | Fish, halibut, Atlantic and Pacific, cooked, dry heat | 85.0 | 3.0 oz | 0.0 |
| 15141 | Crustaceans, crab, blue, canned | 135.0 | 1.0 cup | 0.0 |
| 15172 | Mollusks, scallop, mixed species, raw | 30.0 | 1.0 unit 2 large or 5 small | 0.0 |
| 15070 | Fish, rockfish, Pacific, mixed species, raw | 85.0 | 3.0 oz | 0.0 |
| 15147 | Crustaceans, lobster, northern, raw | 150.0 | 1.0 lobster | 0.0 |
| 90240 | Mollusks, scallop, (bay and sea), cooked, steamed | 85.0 | 3.0 oz | 0.0 |
| 15019 | Fish, cod, Pacific, raw (may have been previously frozen) | 116.0 | 1.0 fillet | 0.0 |
| 15236 | Fish, salmon, Atlantic, farmed, raw | 85.0 | 3.0 oz | 0.0 |
| 15138 | Crustaceans, crab, alaska king, imitation, made from surimi | 85.0 | 3.0 oz | 0.0 |
| 15192 | Fish, cod, Pacific, cooked, dry heat (may have been previously frozen) | 90.0 | 1.0 fillet | 0.0 |

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|--------|--|-----------|----------------------------|----------------------------------|
| 15071 | Fish, rockfish, Pacific, mixed species, cooked, dry heat | 149.0 | 1.0 fillet | 0.0 |
| 15036 | Fish, halibut, Atlantic and Pacific, raw | 85.0 | 3.0 oz | 0.0 |
| 15148 | Crustaceans, lobster, northern, cooked, moist heat | 145.0 | 1.0 cup | 0.0 |
| 15027 | Fish, fish sticks, frozen, prepared | 57.0 | 1.0 piece (4" x 2" x 1/2") | 0.0 |
| 15140 | Crustaceans, crab, blue, cooked, moist heat | 118.0 | 1.0 cup, flaked and pieces | 0.0 |